

# Sexercise

Spice

I don't know what you've been told  
I don't know what you've been told  
Exercise good fi di pum-pum hole  
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Hmm, everybody, time fi yuh jump up  
Good sexercise, time fi yuh warm up  
Yuh do yuh regular push-up, yuh do yuh regular sit-up  
Yuh batty move, yuh jump up, yuh know fi mek dick stand up  
Let's squat, siddung and a bounce and a squat  
[?] you a bounce pon di cocky but it hot  
To di left, step dat onto di right, come back  
A suh yuh siddung and a bounce, squat a mek yuh batty phat

Bend over, toe touch, gyal, fold  
Open yuh foot like a football ball  
Do di stand, toe touch while yuh mek yuh batty roll  
Fold, gyal, fold, cah yuh have up di good hole

I got di goodie-goodie between mi thighs  
Di man seh I neva tell no lies  
Dis a goodie punny, nah mek no nice  
Sexercise is a good exercise  
I got di goodie-goodie between mi thighs  
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Hmm, stand in bicycle  
Cock up yuh batty, gyal, dribble, gyal, dribble  
Dribble, gyal, dribble, firm batty, stiff nipple  
Wi nuh waan man buddy if it small and a tickle  
Go dung pon yuh knees, yuh nuh full a herpes  
Exercise an' a tease, mek e man a bawl please  
Good pum-pum, gyal, dweet and squeeze  
Suh yuh dweet wid ease [?]

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Suh when yuh see mi a do mi exercise  
Mi know fi, mi know fi mek dick rise  
When yuh see mi a do mi sexercise  
Mi know fi, mi know fi mek dick rise  
Right now I wanna give it to him  
Give it to him like I'm in the gym

Give it to him, I wanna give it to him  
Give it to him like I'm in the gym

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